



City of Scottsdale - Parks and Recreation Division

Adult Sports Flag Football League Rules

ATTENTION: The coach and/or Captain is responsible for informing all team members of the contents of this manual.

COACH AND PLAYER CONDUCT

1. Obscene and abusive language, threats, and other unsportsmanlike conduct are grounds for player ejection, suspension and/or game forfeiture. Further action may be taken as deemed appropriate by the League Coordinator. League supervisors may forfeit a game for poor sportsmanship, foul language, threats, or flagrant penalties.
2. Players physically assaulting another player, spectator, official, or league supervisor will be suspended for the remainder of the season and/or tournament. Further action will be taken if deemed necessary.
3. Players will be ejected from a game for poor sportsmanship. **Automatic ejection is mandatory when a player has received 2 unsportsmanlike conduct penalties, and may be suspended for a minimum of one league game or tournament game. Further action may be taken if deemed necessary. Teams that receive 3 unsportsmanlike conduct penalties in a single game shall forfeit that game.**
4. Players ejected from a game may be asked to leave the park. Failure to comply will result in game forfeiture!!
5. Team captains will be responsible for conduct of their team members and fans, and will see that all players are familiar with league rules and conduct guidelines.
6. Captains are responsible for controlling their players on or off the field. The captain or acting captain is the only person that may confer with the official(s).
7. Consumption or possession of any alcoholic beverages by players or spectators during league and tournament games is prohibited. Violation of this rule may result in player ejection, suspension, or game forfeiture.
8. Sunglasses, if worn, must be made of pliable material, and worn at the player's own risk.

ROSTERS

1. All players must be on their team's roster.
2. All players must be 18 years of age before the first league game.
3. Players may play for more than one team, but must get prior approval from the League Coordinator. Players may only play on one team per division.
4. Roster changes will be accepted until Noon (12pm) on Saturday of the third week of originally scheduled league play.
5. Rosters will be limited to 15 players, not including non-player coaches. First and second place individual awards given to 12 players only.

IF TEAM LIMITING IS IN EFFECT, ONLY SCOTTSDALE RESIDENTS MAY BE ADDED TO A ROSTER AFTER A TEAM HAS COMPLETED REGISTRATION.

PLAYER IDENTITY CHALLENGE

1. Use of an illegal player may result in captain and/or player suspension for the next league or tournament game, and may result in forfeiture of that game.
2. **Prior to each game**, the team captains may challenge the legality of opposing teams starting player(s). Challenged player(s) will be allowed 10 minutes into their game time to produce proper identification to the Site Supervisor. If after the 10-minute time limit proper ID has not been presented, the challenged player(s) will be declared illegal.
3. The team captains may challenge the legality of the opponent's substitute(s) prior to their entering the game. If challenged, the substitute will be allowed 10 minutes to produce proper identification to the Site Supervisor. After this 10-minute time limit, the challenged player will be declared illegal.

LEAGUE OFFICIALS MAY QUESTION PLAYERS LEGALITY AT ANY TIME

FORFEITS

1. **FORFEITS:** Game time is forfeit time! Teams will be allowed two 5-minute late grace periods during the season (**only one per game**). If after the five minutes the team is still short players, the game will be forfeited. Forfeits may be declared for a team not having five players on the field at game time, use of illegal players, or unacceptable player/fan conduct. Two forfeits by a team may drop them from the league without refund.
2. Two forfeits may drop a team from the league with no refund or league fees. If you know in advance you have to forfeit, please notify the Adult Sports Office, **480-312-0227**

GENERAL INFORMATION

1. Protests must be made prior to the ball being put into play. Protests will be decided by the Site Supervisor and the officials at the time of protest.
2. The League Coordinator has the authority to change a team's division after league play has begun.
3. **TEAM CAPTAINS:** Each team manager shall designate a team captain to represent the team in all circumstances and decisions arising on the field.
4. **DIMENSIONS:** The field shall be a rectangular area, 40 x 80 yards, with ten-yard end zones and divided into four playing zones of 20 yards each.
5. **THE BALL:** The League will provide footballs for league play. Teams may choose to use their own footballs.
 - a. If teams use their own football, both teams must agree on each ball used. Teams are responsible for getting their own football in and out of play.
6. **UNIFORMS/EQUIPMENT:**
 - a. Jerseys or shirts, of the **same color**, must be tucked in and may not interfere with a player's flags.
 - b. Pants/shorts with pockets or belt loops are not allowed.
 - c. Players may NOT wear jewelry.
 - d. Shoes must be either a basketball/tennis type or rubber cleated. No metal, detachable, long, or hard material cleats may be worn.
 - e. Bare feet and street shoes are not permissible.
 - f. Players are encouraged to wear a mouthpiece for protection.
 - g. Each player on the field will wear a flag belt on his waistline with three flags attached. Adult Sports will furnish the belts.
 - h. No player shall wear helmets, padded uniforms, sole leather, or other hard or unyielding substance no matter how covered or padded. No pads may be worn except for elbow or kneepads of a soft and pliable substance.
 - i. No hats/caps may be worn.
7. **GAME SUPERVISION:** Two to Three officials will be provided for each game. A Site Supervisor will be on hand to assist with monitoring of the games and distributing information to players and spectators. The site supervisor has final decision in player ejection from field.
8. **BALL RESPONSIBILITY:** The offensive team is responsible for retrieving the ball after each play from scrimmage. Teams must take the ball back to their huddles and should not give it to the officials or place it on the field.
9. **PLAYERS SHOULD BE IN GOOD PHYSICAL CONDITION TO PARTICIPATE. THE CITY OF SCOTTSDALE DOES NOT CARRY INSURANCE FOR LEAGUE PARTICIPANTS. PLAYERS PARTICIPATE AT THEIR OWN RISK.**

GAME FORMAT

1. **NUMBER OF PLAYERS:** Teams will consist of seven players for both offense and defense. **5 players are required to avoid a forfeit.**
2. **SUBSTITUTION:** There will be no limit to the number of substitutions a team can make, providing each substitute remains in the game for at least one play and the substitution does not delay the game.
3. **GAME LENGTH:** Each game will consist of two 20-minute halves. The 2nd half will utilize a two-minute stop clock. During regular game time, the clock will only stop for timeouts and injuries. **For the last 2 minutes of the 2nd half, the clock will only stop for the following: penalties, out of bounds, timeouts and incomplete plays.** The clock does not stop on first downs, muffed snaps, or completed plays.
4. **STARTING THE GAME:** A coin flip will determine choice of offense, defense, or direction of play. The ball will be placed at the 14-yard line to begin play at the start of each half. The Elite Division will start each half with a kick-off.
5. **TIME-OUTS:** Each team will start the game with 4 time outs. Only 3 timeouts will carry over into the 2nd half for each team. Teams will only get the use of 1 timeout for each overtime period.
6. **TIME LIMIT FOR PLAYS:** There will be a time limit of twenty five seconds between plays, from the time the ball is declared ready for play by the referee.

7. **SCORING:**

Touchdown	6 points
P.A.T. (from the 3 yard line).....	1 point
P.A.T. (from the 10 yard line).....	2 points
P.A.T. (from the 20 yard line).....	3 points
P.A.T. (from the 40 yard line).....	5 points
Safety	2 points
Interception return for a TD on a P.A. T.....	Point(s) attempted

After scoring, the ball will be placed at the 14-yard line.

8. **TIE GAMES:** If a tie exists at the end of regulation, a coin flip will determine which team chooses the options. The home team captain will call the flip. Both teams play in the same direction and the ball will be placed at the 10-yard line. Each team has four downs to score a touchdown. If the first team scores, the second team will also have four downs to duplicate or surpass that score. **Extra points will be attempted in overtime.** Teams will alternate possessions until one team emerges the winner, or until **sudden death (see sudden death play)**. If either defense intercepts the ball and returns it for a touchdown, their team wins the game. If they are unable to return the interception for a touchdown and the game is still tied, the ball will be placed at the 10-yard line to begin the next series of four downs.
9. **SUDDEN DEATH** (*Used if teams remain tied after 2 series of overtimes*) The team scoring in the fewest number of downs from the 10 yard line will win the game. If each team scores on the same down, the game will end in a tie. For tournament games, (that

have exhausted the overtime procedure) games will be played using the sudden death procedure until a winner is determined. Playing from the 10 yard line.

10. **MERCY RULE:** If a team is **19** or more points ahead when the Referee announces the 2 minute warning in the 2nd half, the game is over. If a team is **23** or more points ahead in the 2nd half before the 2 minute warning and is in possession of the ball, the game is over.

PLAY –Team A scores with 15 minutes left in second half to put them ahead of Team B by 23 points. Team B will have the next possession to attempt to score. If Team B is unable to score and loses possession to Team A, the game is over.

PLAYING RULES

(Interpretation of rules by Officials CANNOT be contested by participants)

1. **P.A.T.** “Point after touchdown” attempts will not be counted as a play.
2. **PLAY AFTER SAFETY/ TOUCHBACK:** After a safety is scored, the ball belongs to the defending team at its own 14 yard line. Following a touchback, the receiving or defending team begins play at its own 14 yard line.
3. **FLAGGING/TACKLING :**
 - a. A “tackle” occurs when an opponent pulls a ball carrier’s flag (the clip must break free of the belt). The ball shall be declared down at the spot of the ball.
 - b. Anytime a player carrying the ball has inadvertently lost his flags, he may continue to advance the ball until he is touched below the head (by one hand), or until the official blows his whistle.
 - c. A ball carrier shall not be allowed to interfere with the defensive team’s attempt to “tackle” the runner. However the ball carrier is allowed to spin when running.
 - d. When any part of the ball carrier, other than the hands and feet, touches the ground, the ball is dead at the spot.
 - e. Pulling a flag from a player without the ball is prohibited and constitutes unsportsmanlike conduct, and may result in player ejection from the game.
4. **OFFENSIVE SCREEN BLOCKING:** The offensive screen block, **the only legal blocking technique**, shall take place *without* contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the arms, elbows, or legs, to initiate contact during an offensive player’s screen block is illegal. A player may use his hand or arm to break a fall or to retain his balance. A player must be on his feet before, during, and after a screen block.
5. **PASSING:**
 - a. The offensive team is allowed one forward pass per down from anywhere behind the line of scrimmage. The quarterback/passer may cross the line of scrimmage, then cross back to throw a forward pass. There is no limit to the amount of lateral and /or backward passes made during a down.
 - b. A receiver must have one foot in bounds for a completed pass.

- c. The passer may cross the line of scrimmage, throw a backwards pass to an offensive receiver behind the line of scrimmage, and that player can throw a forward pass from behind the line of scrimmage.
6. **DEFENSIVE LINE OF SCRIMMAGE:**
- a. The defense may play either man-to-man or zone defensive coverage.
 - b. Use of hands or arms by the defense is illegal. Defensive players must go around the offensive player's screen block. A player may not use his arms or hands as a wedge to contact the opponent. A blocker may use his hands to break a fall or retain his balance.
 - c. During a scrimmage kick, at least four defensive players must be within one yard of their line of scrimmage.

PLAYING RULES (continued)

7. **OFFENSIVE LINE OF SCRIMMAGE:**
- a. The offense must be set a full second before the ball is snapped.
 - b. Any foot movement by an offensive player (except a legal man in motion) after being set and before the snap is illegal procedure.
 - c. The quarterback must be two or more yards behind the center, and receive an airborne snap.
 - d. Only one offensive player may be in motion at one time. He must run parallel to the line of scrimmage and may not run toward the line of scrimmage until the ball is snapped.
 - e. All offensive players must be within 15 yards of the ball when it is declared ready for play.
 - f. All players are eligible to receive a forward pass.
 - g. At least four offensive players shall be on the line of scrimmage at the snap of the ball.
 - h. During a scrimmage kick, at least four offensive players must be within one yard of their line of scrimmage.
 - i. Offensive teams have a 25 second huddle clock that begins on the whistle after the placement of the pucks or the lead official has reported the down.
8. **FUMBLES:** Any ball that is fumbled or muffed and touches the ground will be called dead immediately.
9. **DEAD BALL:** The ball is dead when-
- a. It goes out of bounds
 - b. An opponent legally flags the ball carrier
 - c. A touchdown or safety occurs
 - d. A fumbled ball touches the ground. Clock stops inside 2 min./2nd half

- e. The snap from center touches the ground before being fielded by a player
- f. A pass falls incomplete
- g. The referee rules the ball “not in play”
- h. Any part of the ball carrier, other than his hands or feet, touches the ground. **(THE BALL IS CONSIDERED AN EXTENSION OF THE HAND)**

SUMMARY OF PENALTIES

1. LOSS OF DOWN:
 - Illegally handling the ball forward (also loss of five yards)
 - Illegal forward pass by possession team (also loss of five yards)
 - Offensive pass interference (also loss of ten yards)
 - Illegally secured belt on touchdown (also loss of ten yards)
Official's judgment on player ejection
2. LOSS OF FIVE YARDS:
 - Illegal delay of game/exceeding 25-second play limit
 - Putting the ball in play before declared ready
 - Illegal snap
 - Infraction of scrimmage formation
 - Offensive player illegally in motion of the snap
 - False start
 - Illegal kick
 - Illegal shift
 - Infraction of kick formation
 - Helping the runner
3. LOSS OF TEN YARDS:
 - Team not ready to play at start of half.
 - Striking, kicking, kneeling, elbowing, etc.
 - Persons illegally on the field.
 - Hurdling.
 - Tripping.
 - Running into opponent.
 - Clipping.
 - Illegal use of the hands or arms by the offense or defense.
 - Flag guarding/ stiff-arming.-Spot Foul
 - Illegal removal of flag.
 - Obstructing ball carrier.
 - Interference with opportunity to catch a punt.
 - Stripping of ball or batting the ball from the player in control.
 - Defensive use of hands
4. AUTOMATIC FIRST DOWN:
 - Defensive pass interferenceplus ten yards.
 - Roughing the quarterbackplus ten yards.
 - Unsportsmanlike behavior/language.....plus 15 yards

Definitions for all rule interpretations can be found in the N.I.R.S.A. rules manual

Scottsdale Adult Sports Office: 480-312-0227